



EVENT CALENDAR

September – October



September 8 is the Kick-Start at Maury County Park – Bridle & Saddle shelter (across from Kids Kingdom playground) beginning at 5:00 pm. Pick up registration packets, enjoy some snacks, get cool swag, and choose to get started with the 30 minute outdoor circuit class at 5:30 pm and/or the 1.5 mile walk at 6:00 pm.

FREE WALKING GROUPS

- Beginning September 13 - Tuesdays & Thursday mornings at 8:00 am walking group through Maury County Park led by Katie Martin. Meet at Log Cabin.
- Beginning September 13 - Tuesday afternoons at Riverwalk Park at 5:30 pm walking group. Meet at gazebo.

FREE RUNNING GROUP

Beginning September 6 - Mid South 5 Fitness is starting a **Two Mile Tuesday** group every Tuesday night at 6:00 pm. Meet at Puckett's. This is a walk and/or run group at your own pace and meeting back at Puckett's for some fun and time to "rehydrate" with Tennessee Tuesday.

OTHER ACTIVITIES – FREE!

- **Refit Revolution cardio dance** fun and fitness (Ladies Only) at two locations:
Mt. Pleasant Community Center (East Hall) at 6:15 pm on **Thursdays**
Riverside United Methodist Church, Columbia at 5:45 pm on **Fridays**
- Beginning September 2 – **Basketball & Table Tennis** Teen Center Nights at the Mt. Pleasant Community Center on following dates and times: Sept 2. 9-11 pm; Sept 9. 7-11pm; Sept 16. 7-11pm; Sept 30. 7-11; Oct 7. 9-11 pm; Oct. 21. 9-11pm; Oct 28. 9-11pm
- Beginning September 8 – **30-minute Outdoor Circuit** class at 5:30 pm at the Babe Ruth ballfield in Maury County (across from Kids Kingdom playground) on Sept. 8, 15 & 22. September 29 at 5:30 pm at Williams Spring Park.
- September 17 – Art Walk in Spring Hill from 3:00 pm – 8:00 pm – Spring Hill Parks & Recreation
- Beginning October 4 – **Tai Chi for beginners** in Maury County Park (Kiwanis shelter next to Kids Kingdom playground) at 5:30 pm
- October 15 – **Fall Hike** at Chickasaw Trace Park. Meet at 10:00 am in open field on right before launch site and enjoy a moderate 3-mile hike along the River Trail and Ravine Loop.
- October 15 – Women's Show in Spring Hill from 9:00 am to 5:00 pm – Spring Hill Parks & Recreation.

HEALTHY EATING

October 24 - **Holidays with Starla and FCE** cooking show at the Maury County Health Department beginning at 6:30 p.m. *This event is free and open to the public.* Participants will receive a recipe booklet filled with healthful and holiday recipes. Samples will be provided.

RACES

- September 10 – **The E Team 5k** and 1 mile fun run. Register online at www.active.com
- September 24 – **Jailbreak Triathlon**. Register online at www.active.com
- September 25 – **D.A.S.H n Splash** 5k, 10k, and 1 mile fun run. Register online at www.active.com
- October 1 – **The Grey Ghost 5k**. Register online at <http://greyghost5k.com/>
- October 15 – **Garrett's Hero Run 5k**. Register online at www.active.com
- October 29 – **WMS Spooktacular 5k**. Register online at www.active.com

WALK ACROSS TN FINALE

Woodland Park **"Think Pink" Walk** at 3:00 pm – Prizes awarded and random drawings!

September 2016						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 6:15 pm Refit Mt. Pleasant	2 5:45 pm Refit Columbia Teen Center Mt. Pleasant 9–11:00 pm	3
4 <i>Check Logs or Team Leader input</i>	5	6 6:00 pm 2-Mi. Tues	7	8 Kick-Start @ 5:00 pm Outdoor Circuit @ 5:30 pm 1.5 mile walk @ 6:00 pm Refit @ 6:15 pm	9 5:45 pm Refit Columbia Teen Center Mt. Pleasant 7–11:00 pm	10 The E Team 5k MCP
11 <i>Check Logs or Team Leader input</i>	12	13 8 am MCP WG 5:30 pm Riverside WG 6:00 pm 2-Mi. Tues	14	15 8 am MCP WG 5:30 pm Outdoor Circuit in MCP 6:15 pm Refit Mt. Pleasant	16 5:45 pm Refit Columbia Teen Center Mt. Pleasant 7–11:00 pm	17 Art Walk in Spring Hill 3-8pm
18 <i>Check Logs or Team Leader input</i>	19	20 8 am MCP WG 5:30 pm Riverside WG 6:00 pm 2-Mi. Tues	21	22 8 am MCP WG 5:30 pm Outdoor Circuit in MCP 6:15 pm Refit Mt. Pleasant	23 5:45 pm Refit Columbia	24 Jailbreak Triathlon Chickasaw Trace Park
25 D.A.S.H. n Splash Santa Fe Unit School	26	27 8 am MCP WG 5:30 pm Riverside WG 6:00 pm 2-Mi. Tues	28	29 8 am MCP WG 5:30 pm Outdoor Circuit in WSP 6:15 pm Refit Mt. Pleasant	30 5:45 pm Refit Columbia Teen Center Mt. Pleasant 7–11:00 pm	
October 2016						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 The Grey Ghost 5k Oaklawn
2 <i>Check Logs or Team Leader input</i>	3	4 8 am MCP WG 5:30 pm Riverside WG 5:30 pm Tai Chi 6:00 pm 2-Mi. Tues	5	6 8 am MCP WG 6:15 pm Refit Mt. Pleasant	7 Teen Center Mt. Pleasant 9–11:00 pm	8
9 <i>Check Logs or Team Leader input</i>	10	11 8 am MCP WG 5:30 pm Riverside WG 5:30 pm Tai Chi 6:00 pm 2-Mi. Tues	12	13 8 am MCP WG 6:15 pm Refit Mt. Pleasant	14	15 Garrett's Hero Run MCP 10:00 am Fall Hike CTP Women's Show in Spring Hill
16 <i>Check Logs or Team Leader input</i>	17	18 8 am MCP WG 5:30 pm Riverside WG 5:30 pm Tai Chi 6:00 pm 2-Mi. Tues	19	20 8 am MCP WG 6:15 pm Refit Mt. Pleasant	21 Teen Center Mt. Pleasant 9–11:00 pm	22
23/30 <i>Check Logs or Team Leader input</i>	24/31 6:30pm Holidays with Starla & FCE	25 8 am MCP WG 5:30 pm Riverside WG 5:30 pm Tai Chi 6:00 pm 2-Mi. Tues	26	27 8 am MCP WG 6:15 pm Refit Mt. Pleasant	28 Teen Center Mt. Pleasant 9–11:00 pm	29 Spook- tacular 5k MCP FINALE 3:00 pm Woodland Park